

STUDIO CLASS TIMETABLE // MAY 2025

DAY	TIME	BY	WEEK ONE // 5 - 11 MAY	WEEK TWO // 12 – 18 MAY	WEEK THREE // 19 – 25 MAY	WEEK FOUR // 26 MAY – 1 JUNE
MON	10.00 - 11.00	JNr		LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	
	11.00 - 11.45	JNr		POSTURE	POSTURE	
	18.00 - 19.00	JNr		HIIT	HIIT	
	19.15 - 20.15	LDy	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
TUE	07.30 - 08.30	JNr	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS
	09.00 - 10.00	JNr	HIIT	HIIT	HIIT	HIIT
	10.00 - 10.30	JNr	ABS	ABS	ABS	ABS
WED	11.00 - 12.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
	12.00 - 12.30	JNr	POSTURE	POSTURE	POSTURE	POSTURE
THU	07.30 - 08.30	JNr	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP
	09.30 - 10.30	JNr	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS
	10.30 - 11.00	JNr	ABS	ABS	ABS	ABS
	11.00 - 11.50	MTn	YIN YOGA		YIN YOGA	YIN YOGA
FRI	09.30 - 10.00	ESd	STEP	STEP	STEP	STEP
	10.00 - 10.45	ESd	PILATES	PILATES	PILATES	PILATES
	17.45 - 18.45	LDy	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA



JAMES NIJJAR Personal Training sessions
Block book 10 sessions £450 individual
Block book 10 sessions £700 couple
To enquire or book email spamembership@ruddingpark.com

PERSONAL TRAINING OFFER

Block book 10 sessions £450 individual
Block book 10 sessions £700 couple
To enquire or book email spamembership@ruddingpark.com

INSTRUCTORS

JNr = James Nijjar
ESd = Elyse Shankland
LDy = Lucy Day
MTn = Matt Tottman

TERMS

If there are no bookings 24hrs before a class is scheduled the class will be cancelled
If you fail to attend a class for which you signed up a £5 charitable donation will be chargeable

HOW TO BOOK

- Book online (available to book up to two weeks in advance)
- As class numbers are strictly limited, we recommend you reserve your place

CLASS ETIQUETTE

- Please arrive five minutes before the class is due to start to allow for a prompt start time.
- We reserve the right to refuse admission to the class after the advertised start time.
- Please inform the instructor if you have high blood pressure, are taking medication, have any injuries or have recently undergone surgery.